

BEYOND BOW

Backcountry Ski Adventure

February 27-28, 2016

Exit Glacier, Seward



Overnight Backcountry Ski Trip to Exit Glacier cabin located on the Herman Leirer Road in Seward.

- **Enjoy back country skiing with a pulk (sled).**
- **Gain winter cabin camping experience.**
- **Learn packing and gear tips for the backcountry.**

COST: \$125

Includes Instruction, Lodging, Program Materials, Breakfast & Dinner.



PREREQUISITES:

- **Intermediate cross country skier with the ability to ski on varied terrain for a duration of 3 hours.**
- **If you do not have your own pulk, you can rent one from REI or contact Patti or Mary for other options.**

REGISTRATION:

- **Pre registration is required, application attached.**
- **Space is limited to 6 participants, so sign up early!**



**For More Information
Please Contact:**

Patti Berkhahn
(907) 394-0008
pgberkhahn@gmail.com

Mary King
(907) 394-2941
kenaimtns@gmail.com



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February 27-28, 2016
Exit Glacier Seward***

Agenda:

February 27, 2016 Meet in Seward

- ***10:00 AM - Meet in Safeway at the coffee shop***
- ***10:15 AM - Caravan to trailhead***
- ***10:30 AM - Sled packing guidelines and begin ski***
- ***12:00 PM - Lunch Break***
- ***4:00 PM - Arrive Exit Glacier Cabin***
 - ***cabin preparations***
 - ***unpack***
- ***6:00 PM - Dinner***
- ***7:00 PM Roundtable gear discussion***
 - ***show & tell***
 - ***knot tying***

February 28, 2016

- ***8:00 AM - Breakfast***
- ***10:00 AM – Morning ski***
- ***12:00 noon— Snacks, pack up, clean cabin***
- ***1:00 PM - Ski out....***
- ***5:00 PM - Arrive trailhead, goodbyes...***

Contacts:

Please contact Patti Berkhahn (907) 394-0008 or Mary King (907) 394-2941 if you have any questions regarding what you should bring or if you have any special needs, including dietary.



What to Bring:

The instructors will provide the following items:

- *First Aid Kit*
- *Cooking Gear*
- *Breakfast, Dinner and Beverages.*

Clothing & Gear required by participants:

Head:

- ☐ Knit Hat
- ☐ Neck Gaiter

Upper Body:

- ☐ Undergarments - synthetic sports bra (avoid underwire)
- ☐ Long Undershirts - polypropylene
- ☐ Wool/Polypropylene/Fleece Shirt - medium weight
- ☐ Wool/Fleece Sweater or Jacket - heavy
- ☐ Ski Jacket - synthetic fill, nylon or Gore-Tex outer
- ☐ Down Jacket or Vest - (Optional)

Hands:

- ☐ Glove Liners - synthetic, polypropylene
- ☐ Gloves
- ☐ Mittens

Lower Body:

- ☐ Underwear - synthetic
- ☐ Long Underwear - polypropylene - light to medium
- ☐ Snow Pants - insulated, synthetic fill ski pants
- ☐ Gaiters (Optional)

Feet:

- ☐ Liner Socks (thin) - polypropylene
- ☐ Wool/Pile Socks (heavy)
- ☐ Cabin Booties (Optional)

Sleeping Gear:

- ☐ Sleeping Bag
- ☐ Sleeping Pad

Gear:

- ☐ Pulk (Sled)
- ☐ Skis, Poles, Boots, and Bindings
- ☐ Internal Frame Pack or Duffle Bag
- ☐ 4 Bungee Cords
- ☐ Flashlight or Headlamp
- ☐ Personal Dishes (Cup, Bowl, Spoon and Fork)
- ☐ 2 Water Bottles
- ☐ Sunglasses and Sunscreen
- ☐ Camera (Optional)
- ☐ Ski Skins, Ski Wax and Scraper (Optional)
- ☐ Toiletries, Medications
- ☐ Personal Snacks
- ☐ Lunch for Two Days (On the Trail Lunch)





Registration Form
Beyond BOW Backcountry Ski Adventure
February 27-28, 2016 Exit Glacier Seward, Alaska
Workshop Fee is \$125

Only one person may register per form. Please photocopy both pages for additional registrations.

First Name _____ **Last Name** _____

Address _____

City _____ **State** _____ **Zip** _____

Cell Phone _____

Email _____

Do you have your own pulk sled? _____

Method of Payment (check option 1 or 2)

___ 1. Check or Money Order made payable to OHFA (Outdoor Heritage Foundation of Alaska)

___ 2. Visa or Master Card made payable to OHFA (Outdoor Heritage Foundation of Alaska)

Name _____

Card # _____

EXP Date _____ **CVC** _____

Signature _____

Emergency Contact Name _____

Contact Phone Number _____

If you have any medical conditions, allergies, please explain: _____

Refund Policy! Read Carefully! When you sign your registration form, you are agreeing to these terms! If you cancel more than 30 days prior to the workshop you will receive a refund minus a \$25 processing fee. If you cancel 15-30 days prior to the workshop we will keep 50% of the workshop fee. If you cancel less than 14 days prior to the workshop no refund will be issued.

Waiver and Release Form

All participants must sign this release. I hereby consent to receive medical treatment which may be deemed advisable in the event of injury or illness during this activity. I acknowledge there are risks of physical injury or illness during this activity. I acknowledge there are risks of physical injury to Becoming an Outdoors-Woman participants and I agree to assume the full risk or any injuries, damages or loss, regardless of severity, which I may sustain as a result of participating in activities connected or associated with this program. I waive and relinquish all claims that I, my insurer or my family may have against Becoming an Outdoors-Woman and its officers, agents, servants and employees from claims from injuries, damages, or loss which I may have or which accrue to me an account of my participation in the above program. **I also acknowledge the refund policy stated above.** Applicant is 18 years of age (or will be prior to February 27, 2016).

Parental Signature _____ **Date** _____

Photo Release

Participants understand that photographs may be taken during the sessions and may be used in future support of the Becoming an Outdoors-Woman Program.

Parental Signature _____ **Date** _____

*Please complete and mail registration form with payment to: Checks payable to: Outdoor Heritage Foundation of Alaska (OHFA)
Send to: ADF&G ATTN: BOW HIT 333 Raspberry Road Anchorage, Alaska 99518
Registration forms with credit card payment can be faxed to 907-267-2323 or emailed to dfq.dwc.southcentralbow@alaska.gov*